

Carbery Sailing

Ocean Passage Guidance

You are about to take part in a 'bucket list' adventure; an ocean passage where the nearest land is 4.5 kilometres below you, where you may not see another boat for days and the only signs of other humanity are possibly an aircraft or a satellite. It follows that you should have the right equipment to undertake an ocean passage in comfort and safety but nearly everyone brings more than they require and space onboard is limited! Based on our experience we recommend:

Bags

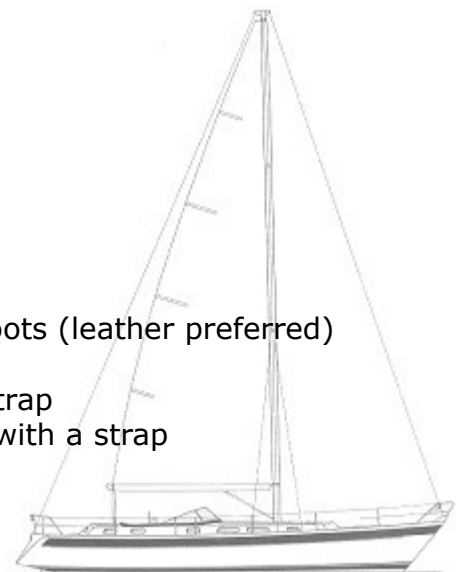
All your gear should fit into two collapsible waterproof bags e.g. [Musto](#) or [Henri-Lloyd](#). However, similar bags for other outdoor activities may be cheaper and will do the job. A 65 litre cylindrical type duffel bag and a 20 litre frameless rucksack are ideal especially if the weight of both bags does not exceed 15Kg. Non-collapsible bags or suitcases with wheels will be left on the pontoon!

Clothing for Ocean Sailing

Whilst we may have some balmy days and nights you need to be prepared for all weathers when crossing an ocean, therefore durable, breathable clothing is essential for your comfort. Choose moisture wicking base layers and breathable, warm mid-layers that can be worn alone in dryer weather. Foul weather waterproofs, boots and gloves need to be 100% waterproof. Cotton based clothing is not recommended, it does not wick moisture and is slow to dry.

Musto, Helly Hansen, Henri-Lloyd and others supply proven equipment for Offshore and Ocean sailing. If you do not already own this, consider it as an investment. You will need:

- Offshore/Ocean Jacket
- Offshore/Ocean Salopettes
- Thermal base layer (top + trousers)
- Wind stopper mid-layer jacket
- Wind stopper mid-layer salopettes
- Offshore sailing gloves
- Polartec Hat
- Deck shoes (non marking/non slip) and sailing boots (leather preferred)
- Warm socks
- Good UV protection sunglasses with a retaining strap
- A baseball cap and/or a wide brimmed hat, both with a strap



Onboard Clothing

Your onboard wear should be made from synthetic fibres as these can be washed and dried easily. Hiking or mountaineering kit is suitable.

- Quick drying shorts
- Quick drying trousers
- Short sleeved tee shirts or polo shirts
- Long sleeved collared shirt
- Underwear
- Swimsuit or running shorts

Miscellaneous Equipment

- 2 flat sheets and 2 pillowcases
- Toiletries, flannel and Travel towel (beach towels will not dry)
- Wet wipes for personal hygiene
- Waterproof watch
- Sailing knife or Leatherman Wave
- Alarm clock (not smartphone)
- LED headlamp with white and red light + spare batteries
- Suntan lotion + lip moisturiser/screen
- Reading glasses if required
- Pens and notebook to record your experience

Optional Equipment

A salty environment is not friendly to electrical or photographic equipment and wifi will not be available once we are offshore, however music/podcasts or a 'film night' is always appreciated and internet connection will be available in most harbours. USB charging points, in all cabins, will only be available when the engine is running. 220v will only be available when in port or if the generator is running (rarely) but no hairdryers or straighteners – they use too much power for our system.

- Camera
- iPod/MP3/tablet
- Paperback books or Kindle
- Chargers and headphones!



Health, Seasickness & Medication

You will be working together, as a crew, in situations which may be physically strenuous and mentally demanding so a good level of fitness and a positive mental attitude will mean you get more out of your experience. Age or gender are not a barrier but you will be involved in all duties aboard including 3 or 4 hour watches, helming and working on deck in all weathers. If you exercise regularly and enjoy outdoor activities you will be able to cope but if you have any doubts about your health then please do speak to us.

The first 48 hours of a passage can make any of us queasy if not seasick. Dehydration can exacerbate the condition so increase your water intake, reduce your caffeine consumption and avoid alcohol prior to joining the boat.

For the treatment of seasickness we suggest:

- Cinnarizine e.g. Stugeron
- Hyoscine Hydrobromide e.g. Kwells or Scopaderm patches (patches only available on prescription in UK)
- Ginger (biscuits, tea or crystallised)
- Acupressure bands (but not worked for us)
- Buccastem M[®] Buccal Tablets – effective at stopping vomiting

Please ensure you have your own medication if prescribed and before purchasing any seasickness medication please check with your GP that it will not interfere with any medical treatment. All medical conditions and medication must be declared when booking or when they become known.

Travel Insurance & Documentation

If you are not an EU citizen, it is essential that you have all appropriate documentation (Visa's etc) for the countries that we will be visiting during your sailing leg. We recommend that you carry photocopies of your passport in case of loss and to expedite clearing customs.

Appropriate levels of travel and trip cancellation insurance is essential and for European passengers we can suggest [Topsail Insurance](#), if a UK resident then [Pantaenius Mariner's Travel Insurance](#) is a possible alternative.

If you are an EU citizen, make sure you have your [EHIC card](#) and that it is in date.

- 1 copy of your travel insurance for us
- 1 passport + photocopy for us + optional scanned image on a smartphone
- 2 copies of your visa application + passport photos, if you are not an EU citizen.

